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Central Library Presents Active & Healthy Fair On Wednesday, April 24, 2019

Free, Family Friendly Fair with a Focus on Minority Health

The Buffalo & Erie County Public Library's Active & Healthy Fair will take place at the downtown Central Library, 1 Lafayette Square, Buffalo on Wednesday, April 24 from 10:00 a.m. to 1:00 p.m. It is free and open to the public.

The Reverend George Nicholas, leader of the African American Health Disparities Task Force, will kick off this free family event featuring activities, demonstrations, free health screenings and information from more than 50 area health-related organizations. The Library is observing National Minority Health Month, which seeks to shine a light on the social and environmental barriers to wellness faced by minority communities.

Families with children on spring break are encouraged to visit the library for an event that is as fun as it is informative. Join "Hustle for Health" and line dance to R&B favorites, challenge yourself to master the art of the hula hoop and discover new ways for your family to be healthy and stay well.

"Health and wellness are cornerstones of a thriving community, but they are challenging for many people to maintain. Our goal is to help close that gap by providing information, connecting patrons with services and showing how wellness activities can be fun and beneficial," said Library System Director Mary Jean Jakubowski.

The Central Library is conveniently located near the Lafayette Square Station of the NFTA Metro Rail and many bus routes in the heart of downtown Buffalo. All Library entrances and meeting spaces are accessible.

For more information or to request accommodations, call 716-858-8900 Monday through Saturday between 9:00 a.m. and 5:00 p.m.

The Buffalo & Erie County Public Library System website at www.BuffaloLib.org has details about free library cards and resources, library hours and year-round programs and events.

Participating Organizations:

American Diabetes Association

BestSelf Behavioral Health

BlueCross BlueShield of WNY

Buffalo Public Schools Farm to School Program

Buffalo Prenatal Perinatal Network

Buffalo Psychiatric Center

Catholic Charities - WIC

Eat Smart Western New York

Erie County Department of Health

Cancer Services of Erie County

Community Wellness

Early Intervention/Preschool Services

Emergency Preparedness

Healthy Neighborhoods

Immunization Action Plan -

ECMC Stroke/Sepsis

Evergreen Health Harm Reduction Center

Family Justice Center

Fidelis Care

Foodbank of WNY

GoBike Buffalo

Grass Roots Gardens

Hispanic Heritage Council

Kaleida Health

Literacy NY

Massachusetts Avenue Project

Mercy Comprehensive Care Center

Narcotics Anonymous

National Center for Missing and Exploited Children

National Kidney Foundation

Native American Community Services

New York State of Health

NY Connects/Erie County Senior Services

Oishei Healthy Kids

Reddy Bike Share

Restoration Society

Roswell Park

UB School of Pharmacy

UB Smile Team

UNYTS

Wellness Institute of Greater Buffalo

William-Emslie YMCA

WNY Mammography

Western New York Independent Living

WNYLRC Committee for Health Information Access

Special Thanks to

Rev. George Nicholas, Pastor, Lincoln Memorial UMC:

African American Health Disparity Task Force

Benjamin Berry: Hoop Dance Instructor

Catholic Health: Bone Density Testing

Community Access Services: HIV/HepC Screening

Hustle for Health: Line Dance Exercise

Neighborhood Health Centers: Cardiac Health Screening

Taoist Tai Chi Society: Tai Chi Demonstration

UB Student Academy of Audiology: Hearing Screening

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The Buffalo News REFRESH!

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